

Capy's Feelings Cards

From worried to brave. Cut along the dashed lines.



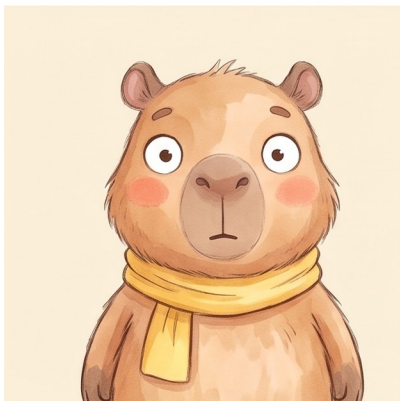
Worried



Fluttery tummy



Fidgety



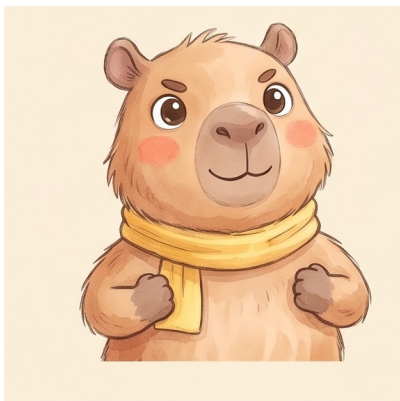
Frozen



Slow breaths



Trying



Brave



Proud



Ready

Lay the cards in a row from Worried to Ready. Ask: "Where are you now? What is one small step?"

Capy's Feelings Cards to Color

Color each Capy, then cut along the dashed lines.



Worried



Fluttery tummy



Fidgety



Frozen



Slow breaths



Trying



Brave



Proud



Ready

Lay the cards in a row from Worried to Ready. Ask: "Where are you now? What is one small step?"